

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
Skill X Power	06:00-07:00	LTT-Gym	Skill X Agility	06:00-07:00	LTT-Gym	Skill X Speed	06:00-07:00	LTT-Gym	Skill X Power	06:00-07:00	LTT-Gym	Skill X Agility	06:00-07:00	LTT-Gym	Indoor Cycling ***	08:15-08:45	S3
Body Pump **	06:45-07:30	S3	Indoor Cycling ***	06:45-07:30	S3	Circuits***	06:45-07:30	S3	Indoor Cycling***	06:45-07:30	S3	Indoor Cycling***	06:45-07:30	S3	Yoga Level 1*	08:15-09:15	S1
Pilates Fusion **	09:15-10:00	S1	Aqua Aerobics *	09:45-10:30	CP	Aqua Zumba*	10:15-11:00	CP	Cancer Rehab Class	09:00-10:00	LTT-Gym	Body Attack***	06:45-07:30	S1	Body Pump **	09:00-09:45	S3
Body Pump **	09:30-10:30	S3	BodyCombat ***	09:20-10:05	S1	Body Pump **	09:30-10:20	S3	Body Combat ***	09:30-10:15	S1	Body Pump **	09:30-10:15	S3	Skill X Stamina	09:00-10:00	LTT-Gym
50+ Fitness Session*	10:00-10:45	SH1	Step & Sculpt **	09:30-10:10	S3	PiYo*	09:15-10:00	S1	Beginners Indoor Cycling *	09:30-10:15	S3	Cardiac Rehab Class	10:00-12:00	S1	Yoga Level 2*	09:25-10:25	S1
PiYo*	10:10-10:50	S1	Olympic Weightlifting **	09:00-11:00	S&C	50+ Fitness Session*	10:00-10:45	SH1 3&4	Cardiac Rehab Class	10:00-12:00	Gym	Female Weight Lifting*	11:00-12:00	S&C	Metafit ***	09:45-10:15	S2
Indoor Cycling***	10:45-11:30	S3	Pilates *	10:00-11:00	S2	Skill X Stamina	10:15-11:00	LTT-Gym	Kettlebells **	10:20-11:05	S1	50+ Fitness Session*	10:15-11:00	SH1	Kids Karate *	10:00-11:00	S3
Bums & Tums	10:55-11:20	SH1	Kettlebells **	10:10-10:55	S1	HIIT Spin ***	10:30-11:00	S3	Indoor Cycling ***	10:30-11:00	S3	Body Attack ***	10:30-11:00	S3	Body Combat ***	10:35-11:25	S1
Tai Chi (I) *	11:00-12:00	S1	Core Conditioning *	10:20-10:05	S3	Dynamic Wellbeing L2	11:10-12:10	SH1 3&4	Body Balance *	11:15-12:00	S1	PiYo*	11:10-12:00	SH1A 3&4	Karate **	11:00-12:30	S3
Dynamic Wellbeing L1	11:10-12:00	S2	Aerobics *	11:00-11:40	S1	Easyline *	11:15-12:00	S3	Body Pump**	11:15-12:00	S3	Bums & Tums *	11:10-11:40	S3	Body Balance *	11:30-12:15	S1
Easyline *	11:30-12:10	SH1 3&4	Indoor Cycling ***	11:00-11:45	S3	Body Balance *	11:15-12:00	S1	Strong Nation***	12:15-12:55	S3	Dance UR-SEL-FIT *	12:15-13:00	S1			
Beginner Weightlifting	12:30-13:30	S&C	Functional Weightlifting**	11:00-12:00	S&C	Circuits ***	12:10-12:55	S & C	Dynamic Wellbeing, L2	14:10-15:00	S1	Skill X Stamina	12:15-13:15	(LTT-Gym			
Strap & Stretch **	12:15-12:55	S1	Pilates *	11:10-12:10	S2	Zumba *	12:15-13:00	S1	Otago *	12:45-14:00	S1	Beginners Weightlifting	12:30-13:30	S&C			
Qigong	12:15-13:15	S2	Highland Hustle	11:45-12:20	S1	Indoor Cycling ***	12:30-13:00	S3	Qigong *	13:30-14:30	S3	Indoor Cycling***	12:30-13:15	S3			
Skill X Speed	12:15-13:15	(LTT-Gym	Stretch & Flow *	12:20-13:05	S2	Improver Weightlifting	12:30-13:30	LTT-Gym	Tai Chi *	14:40-15:40	S3	Line Dancing (I) *	13:15-14:30	S1			
Zumba *	12:20-13:10	S3	Line Dancing (B) *	12:30-13:30	S1	Parkinson`s Plus*	12:45-13:40	S2	Escape Pain Course	15:00-16:15	S1	Pilates*	17:00-17:45	S3			
Parkinsons*	13:10-13:50	S1	Improver Weightlifting	12:30-13:30	S&C	Stretching Session*	13:10-13:40	S3	Body Attack ***	17:10-17:50	S3	Body Pump**	18:00-18:45	S3			
Otago *	14:00-15:15	S1	Cancer Rehab	10:30-11:30	LTT-Gym	Line Dancing (I+)*	13:30-14:30	S1	Body Pump **	18:00-18:50	S3	Body Balance*	19:00-19:45	S3			
Cardiac Rehab Class	15:25-17:25	S1	Dynamic Wellbeing L2	13:45-14:45	S1	Parkinsons*	13:50-14:45	S3	Kids Karate	18:00-19:00	SH1 1&2	Female Weightlifting*	19:00-20:00	(LTT-Gym			
Body Balance*	16:45-17:30	S2	Escape Pain Course	15:00-16:15	S1	Otago *	14:45-16:00	S1	Escape Pain Course	18:00-19:15	S2						
Youth Olympic Weightlifting	17:00-18:00	S&C	Teen Weightlifting *	16:30-17:30	S&C	Strap & Strength **	16:40-17:10	S1	Dance Fit *	19:00-19:45	S1						
Pilates*	17:30-18:10	S1	Body Attack ***	17:10-17:50	S3	Functional Weightlifting	17:00-18:00	LTT-Gym	Indoor Cycling ***	19:00-19:45	S3						
Abs Attack*	17:35-18:05	S2	Kettlebells **	17:30-18:00	S1	Youth Olympic Weightlifting	17:00-18:00	S&C	Skill X Speed	19:00-20:00	LTT-Gym						
Body Combat ***	18:20-19:00	S3	Body Pump **	18:00-18:50	S3	Beginners Olympic W/L	18:00-19:00	S&C	Karate **	19:00-20:30	SH1 1&2						
Functional Weightlifting	18:00-19:00	S&C	Body Step ***	18:10-18:50	S1	Pilates*	17:00-17:45	S3	Body Balance *	20:00-21:00	S1						
Kettlebell Step **	18:20-18:50	S1	Body Balance *	19:00-19:45	S1	HIIT ***	17:15-17:45	S1									
Metafit ***	18:15-18:45	S2	Escape Pain Course	18:30-19:45	S2	Kettlercise**	17:50-18:30	S2									
Body Balance*	19:00-19:50	S1	Indoor Cycling ***	19:00-19:45	S3	Body Step ***	17:50-18:35	S1									
Olympic Weightlifting**	19:00-21:00	S&C	Metafit ***	19:55-20:25	S3	Bums & Tums*	18:45-19:15	S1									
Body Pump**	19:10-19:50	S3	Skill X Power	19:00-20:00	LTT-Gym	Body Pump**	18:00-18:45	S3									
Skill X Stamina	20:00-21:00	LTT-Gym	Tai Chi *	20:00-21:00	S2	Bootcamp Circuits ***	19:15-20:00	SH1 1&2									
Line Dancing (B)*	20:00-21:00	S1	Line Dancing (Im)*	20:00-20:50	S1	Indoor Cycling***	19:00-19:45	S3									
Indoor Cycling***	20:00-20:45	S3	Line Dancing (Ad)*	20:50-21:40	S1	Female Weightlifting*	19:00-20:00	LTT-Gym									
Aqua Aerobics*	20:15-21:00	CP				Olympic Weightlifting**	19:00-21:00	S&C									
						Body Balance*	19:30-20:15	S1									

Running from 6th January 2025



- S1: Studio 1
- S2: Studio 2
- S3: Studio 3
- SH1: Sports Hall 1
- CP - Competition Pool
- DS - Dryside Locker Area
- S&C - Strength and Conditioning Room
- ACP - Astro Car Park
- LTT- Love To Train Room

BOOKING POLICY:
 Booking for classes can be made up to 7 days in advance at reception, through the kiosks or online at www.invernessleisure.co.uk/activities/onlinebookings
CANCELLATION POLICY:
 Please notify us of any cancellations as soon as possible prior to the class starting.

Be aware that Studio 3 contains strobe lighting effects. If you have epilepsy or other light sensitive conditions, please make the instructor aware before the class starts. They are able to set the system to accommodate for this

so that it does not impact on your enjoyment

Mind/Body Indoor Cycling Cardio Core Resistance You Time Gentle

